

# DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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**FOR IMMEDIATE RELEASE**

## Declaration of Local Emergency Related to H1N1 Flu in San Bernardino County

SAN BERNARDINO – San Bernardino County renewed the local emergency proclamation related to 2009 H1N1 influenza. Official action was taken by Supervisor Josie Gonzalez, Vice-Chairman of the Board of Supervisors, in her capacity as the Director of Emergency Services, in the absence of the Chairman of the Board of Supervisors. Board members are expected to ratify the proclamation when they meet, on November 17, 2009.

“The emergency proclamation was initially declared on April 29, 2009, at the start of the H1N1 influenza outbreak,” stated San Bernardino County Public Health Officer, Maxwell Ohikhuare. Government regulations require the Board to periodically renew the proclamation. Dr. Ohikhuare emphasized that “this frees resources from the state to ensure we’re prepared to handle an expected increase in illness this flu season.”

President Obama signed a proclamation declaring the H1N1 influenza a national emergency, on October 24, 2009. The virus is widespread in the county, the state of California and throughout the country. The vaccine supply has been limited, so it is only available to priority groups. Dr. Ohikhuare recommends the following prevention methods to fight the flu:

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- Cough and sneeze into a tissue or your elbow. Dispose of the tissue after use.
- Wash your hands often with soap and water and/or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.
- Stay home from work or school and limit contact with others if you have flu-like symptoms.
- If you become infected with influenza, wait at least 24 hours after the fever subsides without the use of fever-reducing medications, before going back to work or school.

Call a health care provider when symptoms are serious, like trouble breathing, or chest pain.

For up-to-date information on H1N1 or seasonal influenza, visit the San Bernardino County Department of Public Health website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph), or call 1 (800) 782-4264. More useful resources are also available through the U.S. Department of Health and Human Services website at <http://www.flu.gov/>.

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